

4th Of July Celebration

The 4th of July is the time for celebration, and many people celebrate it in different ways.

The following are some guidelines for preventing mishaps, and what to do in case of emergency



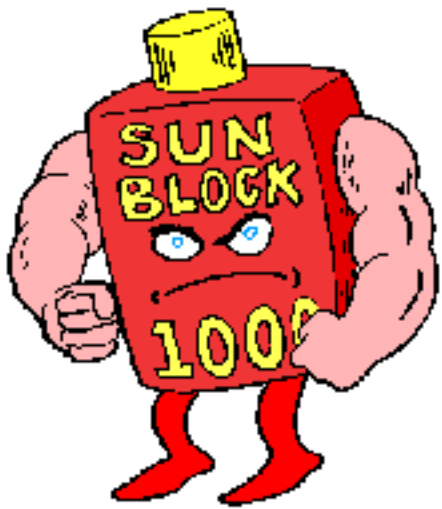
4th Of July Celebration

Sunburn

The Brooks Army Regional Burn Center will treat numerous children and adults with severe sunburns during the summer season. A person falling asleep at the beach, even if the weather is not extremely hot, doesn't realize that severe sunburn can occur even on gloomy days due to the intensity of the ultraviolet rays. Additionally, sun reflected off the water is even more intense and can lead to more serious burns.

4th Of July Celebration

So avoid falling asleep at the beach and always apply sunscreen of 25 SPF or higher to prevent sunburn. Make sure that the sunscreen is not older than one year, as it may have become ineffective.



4th Of July Celebration

Grilling

Lighting the grill to cook hot dogs and hamburgers can turn into a tragedy if a toddler swallows charcoal lighter fluid, which can lead to serious poisoning.

If a child swallows lighter fluid, immediately wipe off any fluid on the exposed skin. It is important not to make the child vomit. Ipecac syrup should never be used for this particular poisoning emergency or when any petroleum distillate products, such as pine oil cleaners, furniture polishes or gasoline, are ingested.

4th Of July Celebration

If the child is coughing or has vomited, take the child to the nearest emergency room for a chest x-ray. Petroleum distillate charcoal lighter fluid can cause serious or potentially life-threatening chemical pneumonia. The substance can enter the lungs when the child tries to swallow or vomit.

If a person, adult or child, has difficulty breathing after swallowing any poison, especially charcoal lighter fluid, call 911 immediately.

Dial 911!



4th Of July Celebration

- **Before lighting the charcoal, let the charcoal soak with an approved charcoal lighter fluid.**
- **Never add lighter fluid to already lit charcoal, this could cause a sudden fire flare-up.**
- **The safest fire starters are chemical in cake form or electrical charcoal igniters.**
- **Only use charcoal lighter fluid to light charcoal. Never use gasoline or any other flammable liquids to start the**



4th Of July Celebration

- Keep grills away from buildings, and never cook with a grill under any combustible cover or overhang.**
- When using a propane gas grill, have the grill checked/or repaired by a qualified repairman.**
- Always have what you are cooking under observation whether indoors or outside.**
- Never dispose of used charcoal until you are sure it has been extinguished. Coals that appear to be out can re-ignite as much as a day later.**
- Don't forget to keep a bucket of water or water hose handy. And always store your charcoal and lighter fluid out of the reach of children.**

4th Of July Celebration

The incidence of children, as well as adults, stepping or falling on burning coals at the beach and bay has increased dramatically over the years. Kids hit the beach running and before they realize it they are walking or falling on hot coals buried under the sand.

Parents should always keep a watchful eye on toddlers and children, and adults should be cautious of fire rings or fire pits and avoid these



4th Of July Celebration

Hot coals buried in the sand can retain an intense heat for up to 24 hours.



Anyone who walks for falls on the hot coals can be severely burned and a child can sustain life-threatening burns. Hot coals should always be disposed of in designated containers at the beach or bay.

4th Of July Celebration

A Safe Picnic

For a worry-free picnic, keep perishable food--ham, potato or macaroni salad, hamburgers, hot dogs, lunch meat,

cooked beef or chicken, deviled eggs, pies--in a cooler with ice.



Put leftovers back in the cooler as soon as you finish eating.

4th Of July Celebration

Toddlers can choke trying to swallow many picnic foods whole such as hot dogs, hard-boiled eggs, or marshmallows. Cut hot dogs lengthwise in narrow strips before serving, slice up other foods into small bite-sized pieces, and keep children seated while they are eating.

When possible, store the cooler in the passenger area of the car during the trip home. It's cooler than the



4th Of July Celebration

Fireworks

Control access to fireworks, no matter the size. Small fireworks called “poppers” can explode in a child’s pocket and set the child’s clothes on fire and result in serious



4th Of July Celebration

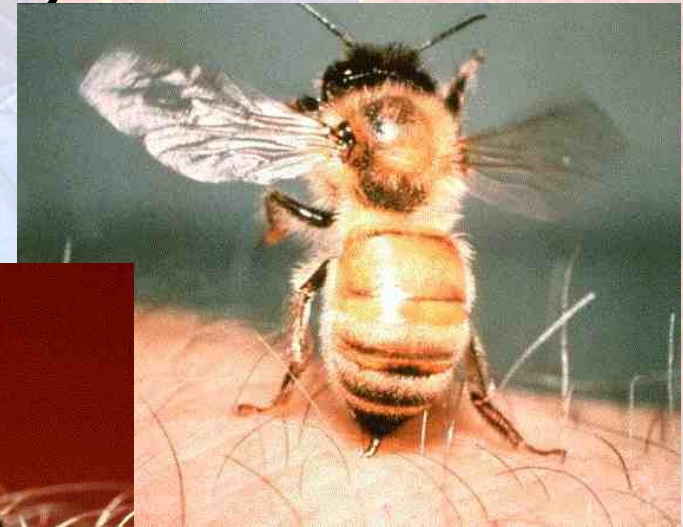
Bee Stings--What To Do

Spending the day outside on the 4th of July puts anyone at risk of a bee sting. First aid for bee stings includes removing the bee's stinger by scraping it out with a fingernail or blunt edge of a knife. Do not squeeze the stung area; it can cause the stinger to release more venom. Wash the area well with soap and water. Immediately apply ice wrapped in a cloth for 10 to 15 minutes. (Remember that ice applied directly to the skin can cause damage to sensitive tissue.)

4th Of July Celebration

If an individual who is stung experiences difficulty breathing, shortness of breath, wheezing, swelling or itching eyes, or other symptoms of an allergic reaction, call 911 immediately.

**Fortunately,
most bee
stings are
easily
treatable and
cause only**



4th Of July Celebration

Ocean Hazards

Hospitals receive many calls from beachgoers who report being stung by venomous marine animals such as jellyfish, scorpion fish or stingrays. The stinger should be removed and the wound washed with seawater.



4th Of July Celebration

Hiking and Camping Hazards

In these warm months, many people head away from the beach and toward the hills for hiking, camping and other activities.

Review the equipment, supplies, and skills that you'll need. Consider what emergencies could arise and how you would deal with those situations. What if you got lost, or were confronted unexpectedly by an animal? What if someone became ill or injured? What kind of weather might you encounter? Add to your **hiking checklist the supplies you would need to deal with these situations.**

4th Of July Celebration

Hiking and Camping Hazards

Make sure you have the skills you need for your camping or hiking adventure. You may need to know how to read a compass, erect a temporary shelter, or give first aid. Practice your skills in advance.



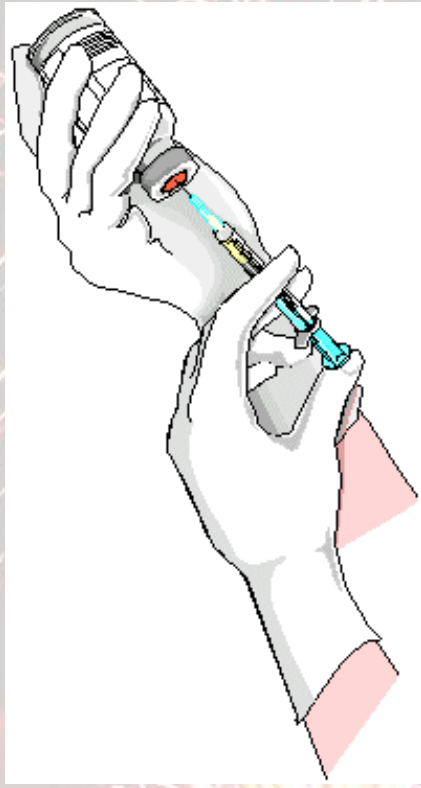
If your trip will be strenuous, get into good physical condition before setting out. If you plan to climb or travel to high altitudes, make plans for

4th Of July Celebration

The hills and deserts are also home to rattlesnakes. Rattlesnakes account for 99 percent of human deaths from snake bites in the United States. Most bites occur when people handle the snakes or when they stick their hands down holes or under logs and touch one.

In some rattlesnake bites, no venom is injected into the wound, but because it is impossible to know if venom has or hasn't been injected, getting medical treatment quickly is





h **Of July Celebration**

Administration of antivenin in a hospital is the most important treatment.



Traditional first aid treatments -- applying ice, using a tourniquet, or applying suction to the wound -- have little value and may cause

4th Of July Celebration

If you are in a remote area when bitten by a rattler, first immobilize the wounded area, especially for a hand or arm bite, then proceed slowly to a vehicle. Moving slowly will keep the heart rate low and help prevent the venom from spreading. (If bitten on the leg or foot, you will have to use that limb to get to the vehicle, unless someone can carry you. In that case, it is very important to move slow

Drive to the nearest phone, call 911 and wait for assistance. If there is no phone nearby, proceed to the nearest hospital



Fireworks Safety



Fireworks Safety

Across the United States each year, millions of dollars in property burn, and thousands of lives are affected by fireworks related accidents. The incidence of fireworks related property loss and injuries has always been a concern in Texas.

The potential for a devastation wild land-urban fire is extremely high each summer. The use of fireworks compounds the fire hazard danger. With these recognized dangers, we work aggressively to reduce the fireworks related property losses and personal injuries.

Fireworks Safety



This year, if you intend to celebrate the holiday weekend in the traditional explosive manner, you should follow the 12 safety rules for using fireworks.

These rules and a little common sense should help you and your families stay safe from injuries this year.

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Fireworks Safety

It is time again to celebrate this nation's birthday. Many of us will fire up the barbecue, turn on the baseball game, and fire off a few firecrackers, cherry bombs and other assorted fireworks. So much of a tradition has this become that many of us have come to feel that it is almost a God-given right.

Unfortunately, far too many people are injured and killed by the improper use of these explosive, fun-filled devices.



Fireworks Safety

Touring almost any hospital emergency room during the fourth of July weekend will reveal just how many adults and children are injured each year.

Many of them will come with fingers missing, eardrums damaged and eyes injured beyond repair.

Others, the lucky ones, will walk away with only a



Fireworks Safety

Eye and Fireworks by the Numbers

(Statistics for Independence Day Eye Injuries)

2000
(Eye injuries
each year)

15
(Average age
of victims)

75% ... Occur during the July 4th holiday

50% ... Have permanent loss of vision

10% ... Require surgical removal of the eye

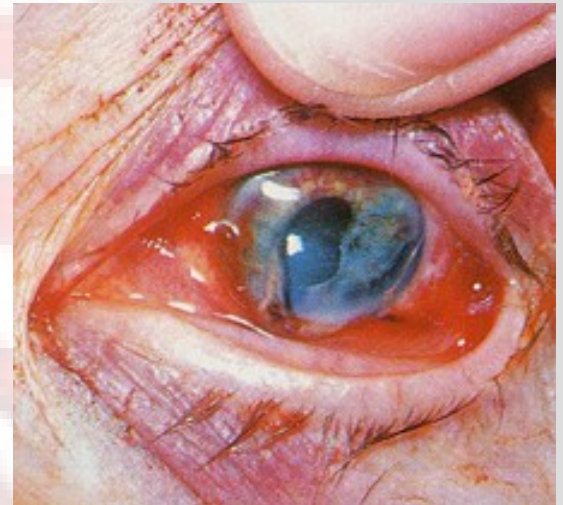
50% ... Of the injured are bystanders

65% ... Of injuries result from bottle rocket use*

37% ... Of injuries from sparklers are to the eye**

* I have seen 6 patients rendered legally blind by bottle rockets — they were all bystanders.

** Sparklers burn at 1800 degrees Fahrenheit.



Fireworks Safety

Rule 1: Use only professionally manufactured fireworks and look for the DOT class "C" listing label. One of the leading causes of fireworks accidents is a homemade firework. This is because quality control is often times absent. Faulty fuses often cause premature ignition, many of them contain bad powder, and sometimes they contain too much powder. The list of potential problems is endless. So, purchase only those fireworks that are legal in your state and local area. Most stores will have a listing of these rules. Those who are caught using illegal fireworks face forfeiture, fines and imprisonment.

Fireworks Safety

Rule 2: Never allow a minor to use fireworks without parental supervision. This too often leads to horseplay and experimentation, not to mention the ensuing trip to the emergency room.



And, if your child should injure another person while using fireworks in an unsupervised situation, you may very well be held accountable for the

Fireworks Safety

Rule 3: Never play with fireworks if you have consumed alcohol or any mind-altering substance. A few years ago, a Texas resident celebrated the holiday by drinking one too many.

He then lit an M80-type firecracker and forgot to throw it. Everyone now calls him three-fingered Pete.



Fireworks Safety

Rule 4: Be sure to have plenty of space around you, ideally a 50-foot circle, before you set off your fireworks. Also, be sure there are no combustibles within that radius of safety that could catch on fire from a lit fuse.

Rule 5: The ground within this radius of safety should be clear of debris and it should be level and hard. This will help prevent your fireworks from tipping over. It will also facilitate your own escape if something should go wrong after lighting a firework.

Fireworks Safety

Rule 6: Never set off fireworks if it is windy. Otherwise, that bottle rocket you are about to launch could very well come your way.

This is especially true if the bottle you use is too small. In addition, make sure that the path that the rocket will take is such that it will not hit anything or anyone.





Fireworks Safety

Rule 7: If a fireworks device misfires, stop immediately and back away from it to a safe distance. Then wait at least two minutes before you approach it again. Do not attempt to relight the same fireworks device. Instead, discard it in a metal container filled with water and close the lid. Be sure to keep this container away from people and nearby structures. After they have thoroughly soaked, pull out the wicks, break them apart and dispose of them so they cannot be reused.



Fireworks Safety

Rule 8: Use safety goggles and wear a long-sleeved shirt and pants instead of shorts made of a quick-burning fiber. Professionals who specialize in fireworks displays usually wear garments treated with a fire retardant, such as Nomex. Avoid wearing 100% nylon and rayon clothing, which can ignite and melt on your skin.

Rule 9: Never toss a firecracker near a person, vehicle or structure. Instead, throw them on the ground, away from you and others.

Fireworks Safety

Rule 10: Keep sparklers away from other people when in use and avoid twirling them in the air. These devices burn at extremely high



temperatures. Rule 11: Never purchase and attempt to light professional-grade fireworks. These should be used strictly by professionals. Even a pro can lose their life when one of these giant fireworks malfunctions. Many states require a professional pyrotechnics license before someone is allowed to use or even purchase this type of fireworks.



Fireworks Safety

Rule 12: Store fireworks in a cool, dry area and in their original boxes. Avoid storing them in garages or within dwellings. Be aware that some states carry very specific laws concerning how much fireworks individuals are allowed to purchase and store. The police, for example, raided a house in Pittsburgh to find two dump truck loads of fireworks. It was estimated by experts that if a fire had broken out in that home, at least three quarters of a city block would have been destroyed.

Fireworks Safety

Rule 13: Keep a Class ABC fire extinguisher in the area where you intend to ignite your fireworks. Remember, many fireworks devices, like sparklers, use magnesium that will burn at 1,000 F. Water- and ABC-type fire extinguishers will not extinguish these flames. In addition, if a lit sparkler should come into contact with your skin, it will continue to burn until it exhausts its supply of energy. The type of burn that this type of fireworks produces is extremely painful in nature and often requires surgery and skin grafts to correct.

Fireworks Safety

Rule 14: Never use fireworks indoors.

Rule 15: Always expect the unexpected and be ready to act.

**INDEPENDENCE
DAY**





Have a Safe and
Wonderful 4th of

July!

L E T S

Celebrate

